

Appendix G

Nutrition Standards for Garrison Dining Facilities

G-1. Purpose

This appendix applies to all Active Army and full time RC dining facilities. It gives the Installation Commander (IC), Dietitian, Food Advisor (FA), and Food Operations Sergeant (FOS) the basic standards to ensure a comprehensive nutrition program and meet the requirements of AR 40-25. During inactive duty training (IDT) RC units should make every effort to follow the nutritional standards, guidance and policy listed in this appendix.

G-2. General

The installation food service and nutrition programs will comply with AR 40-25 and will adequately meet the daily nutritional needs of the soldier. The installation food advisor will utilize the following concepts and standards when developing a installation nutrition program in compliance with AR 40-25:

a. Concepts

(1) The installation dietitian or medical department activity (MEDDAC), will have an integral responsibility in the total installation nutrition program.

(2) The nutritional adequacy of food service menus will be planned within the framework of the Food Guide Pyramid, and The Dietary Guidelines for Americans.

(3) Resources permitting, a salad bar will be available at lunch and dinner meals and a breakfast fitness bar during the breakfast meal.

b. Standards

(1) SB 10-260, Master Menu will be used as a reference for all nutrient values.

(2) Adherence to the nutrition standards will be required weekdays, weekends, and all holidays.

(3) At least one type of nutrition education material must be displayed to inform dinners. See paragraph G-6,b this appendix for types of educational materials.

G-3. Menu standards

The menu standards listed below will be followed in the installation nutrition program. Menus modified by the installation menu board will comply with AR 40-25. The nutritional menus for a dining facility will -

a. Provide a low calorie/low fat menu for each breakfast, lunch, and dinner.

b. Provide a low calorie/low fat menu for the short order line (when operational).

c. Include the following items daily:

(1) A variety of menu items contrast in texture, flavor and color.

(2) Unsweetened, ready-to-eat, and whole grain cereals.

(3) Fresh fruit (canned fruit, if fresh is not available) or unsweetened juice.

(4) Noncaloric beverages, unsweetened or prepared with an authorized sugar substitute in addition to caloric beverages.

(5) Margarine available as a spread.

(6) Whole grain breads and rolls.

(7) Low fat (1%) milk as the primary milk source in bulk dispensers. Skim milk, buttermilk, or whole milk in half pint containers, low fat chocolate flavored (1%) milk in half pint container or bulk dispensers, may also be offered.

(8) Reduced calorie or nonfat dressing(s).

(9) Sodium-Free Herbal seasoning mixtures (blends of sodium-free herbs and spices containing no calcium/potassium chlorides) for use as a salt alternative on the table. Procurement of commercial sodium-free herbal seasoning mixtures is authorized. Commercial salt substitutes are prohibited. Table salt is permitted for diner use.

(10) Authorized, granulated, non-nutritive sugar substitutes in addition to granulated sugar.

G-4. Preparation and serving standards

The procedures to be used in the preparation and serving of meals in each Active Army and full time RC dining facility are as follows:

- a. Primarily, TM 10-412, Armed Forces Recipe Service recipes will be used in food preparation unless modified by a local SOP recipe.
- b. Excessive fat will be trimmed from meat.
- c. A non-fried entree will be offered as an alternative when a fried entree is featured.
- d. Reduced portion sizes will be available at each meal (upon diner request).
- e. Cooked vegetables and starches to include potato and potato substitutes, will be served without margarine, butter, sauces, or gravies.
- f. Resources permitting, alternatives to the traditional breakfast menu (examples in SB 10-260) should be provided with the breakfast fitness bar concept.
- g. Progressive cooking of menu items will be utilized as much as possible to provide appealing nutritious products. It also helps eliminate leftovers/waste, especially of short order items (i.e. hamburgers, french fries, etc. and ensure diners receive hot nutritious items).

G-5. Training standards

Installation training programs must be provided to assist food service personnel in the implementation of the nutrition standards. Installation training must be based on established DA policy and guidance. Additional training assistance will be offered by the HQDA FMT during their scheduled or requested visits or from the installation dietitian.

- a. In support of the nutrition program, installation training must include the following-

- (1) Instruction for food service personnel in the following areas:

- (a) Basic nutrition.
 - (b) Food preparation.

- (c) Serving techniques.
- (d) Nutrition standards implementation.
- (e) Progressive cooking.

(2) Discussions concerning low calorie and low fat meal preparation during scheduled installation menu board meetings.

- b. A diner education program in accordance with AR 40-25.

G-6. Dining facility standards

The following nutritional awareness enhancements must be available in each operational dining facility:

- a. The caloric value of each menu component must be posted in a place visible to the diner before he or she enters the serving area.

- b. At least one of the following types of nutrition education materials must be on display:

- (1) Nutrition posters.
- (2) Table tents.
- (3) Nutrition bulletin boards.

- (4) Guide to good eating cards. Installations may obtain camera ready copies of the Guide to Good Eating Cards, for local reproduction, by forwarding request to the Director, Army Center of Excellence, Subsistence, ATTN: ATSM-CES-OM, 1201 22nd Street, Fort Lee, VA 23801-1601.

G-7. Review and recommendations

The nutrition checklist (para G-8) will be used as a guide to determine whether or not the nutrition program in each Active Army and full time RC dining facility is adequate or requires improvement. The responsible food advisor will use the checklist to evaluate on a semi-annual basis each dining facility within his or her area of supervision. A copy of the review, to include the findings and recommendations, will be provided to the food operations sergeant and the commander having operational control over the dining facility. Additionally, one copy of the review will be forwarded to the installation food advisor. The responsible food advisor will retain one copy. The report will also include the date of the evaluation, the signature and rank of the responsible food

advisor.

G-8. Dining facility nutrition checklist

Section I

General Standards

1. Are the nutrition standards in the dining facility adhered to weekdays, weekends, and all holidays?
2. Is a salad bar available at lunch and dinner meals?
3. Is a breakfast fitness bar available at the breakfast meal?
4. Is SB 10-260 used as a reference for all menu nutrient values?
5. Do diners who do not wish to select a complete meal have easy access to self service salad and beverage areas?
6. Is the nutritional adequacy of menus assured by planning within the framework of the Food Guide Pyramid and the Dietary Guidelines for Americans?

Section II.

Menu Standards

1. Do all menus include-
 - a. A variety of menu items contrast in texture, flavor and color?
 - b. Unsweetened, ready-to-eat, and whole grain cereals (for breakfast)?
 - c. Fresh or canned fruit or unsweetened juice at each meal?
 - d. Noncaloric beverages available at each meal, unsweetened or prepared with an authorized sugar substitute in addition to caloric beverages?
 - e. Margarine available at each meal as a spread?
 - f. Whole grain breads and rolls at each meal?

g. Low fat (1%) milk offered as the primary milk source in bulk dispensers at all meals?

h. Skim or other types of milk offered as alternative choices?

i. Sodium-Free Herbal seasoning mixtures for table use?

j. Granulated, non-nutritive sugar substitutes in addition to granulated sugar available at each meal?

k. Reduced calorie or nonfat dressing(s)?

2. Is a low calorie/low fat menu provided for each breakfast, lunch, and dinner, as specified in SB 10-260?

3. Is a low calorie/low fat menu provided for the short order line (when operational) as specified in SB 10-260?

Section III

Preparation and Serving Standards

1. Are TM 10-412 recipes (or computer generated copies) used in food preparations?

2. Is excess fat trimmed from meat?

3. Is a non-fried entree offered as an alternative when a fried entree is featured?

4. Are reduced portion sizes available at each meal?

5. Are cooked vegetables and starches; to include potato and potato substitutes, served without margarine, butter, sauces, or gravies?

6. Are alternatives to the traditional breakfast menu available?

7. Is progressive cooking utilized where possible?

Section IV

Training Standards

1. Are installation training programs provided to assist food service personnel in the implementation of the nutrition

standards?

2. Is there an established diner education program in accordance with AR 40-25, to include-

a. The caloric value of each menu item posted in a place visible to the diner before he or she enters the serving area?

b. Are one of the following nutrition education materials on display-

(1) Nutrition posters?

(2) Table tents?

(3) Nutrition bulletin boards?

(4) Guide to Good Eating Cards?

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